

Interventions and Practice Implications for the Management of Endometriosis

1. What is the most prevalent symptom noted among women with endometriosis?
 - a. Chronic, persistent pelvic pain
 - b. Dyspareunia
 - c. Heavy or extended menstrual flow

2. Nurses are in a key position to influence outcomes for women with endometriosis by encouraging which of the following?
 - a. Creating a journal of log of symptoms
 - b. Recommending herbal and over-the-counter medications
 - c. Sharing personal medical experiences with similar conditions

3. Identify the medications that improve the symptoms of endometriosis by decreasing estrogen and progesterone.
 - a. Combined hormonal contraception
 - b. Gonadotropin-releasing hormone agonists
 - c. Gonadotropin-releasing hormone antagonists

4. Which of the following is a protective factor for endometriosis?
 - a. Early menses
 - b. Nulliparity
 - c. Use of combined oral contraceptives

5. The most common reason women avoid surgical treatment for endometriosis, even when medications management is not sufficient, is that women want to
 - a. avoid surgery.
 - b. preserve fertility.
 - c. prevent dyspareunia.

6. Which of the following instructions should be provided to women whose initial medical treatment include nonsteroidal anti-inflammatory drugs?
 - a. Take medication 24 hours after menstruation begins and for the remainder of menstruation.
 - b. Take medication midcycle to the start of menstruation.
 - c. Take medication orally beginning 24 to 48 hours prior to menses and during menstruation.

7. When considering nonpharmacologic pain management for women with endometriosis, it is important for nurses to understand that
 - a. a combination of nonpharmacologic techniques may result in the best outcomes.
 - b. nonpharmacologic pain management techniques are generally not useful in most women.
 - c. the effectiveness of nonpharmacologic techniques will be similar from woman to woman.

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8. Which of the following is a condition in which endometrial tissue infiltrates the myometrium, leading to symptoms similar to endometriosis?
 - a. Adenomyosis
 - b. Endometritis
 - c. Metaplasia

9. The health and health-related quality of life assessment tool may be used to prioritize which of the following?
 - a. Degree of depression severity
 - b. Impact of endometriosis on fertility
 - c. Mental health and health-related quality of life

10. Nurses have the ability to positively impact which of the following issues affecting a woman's ability to seek reproductive health care? **Choose the correct three in the following list.**
 1. Barriers to seeking care
 2. Distrust of providers
 3. Frustration with delayed diagnosis
 4. Menstrual taboos leading to gender inequities
 - a. 1, 2, 3
 - b. 1, 3, 4
 - c. 2, 3, 4